

# FLU PREVENTION

## TIPS

Wash your hands for  
at least 20 seconds.

(ABOUT AS LONG AS IT TAKES  
TO SING THE ALPHABET.)



Cover your cough  
and sneezes.



Stay home if you're  
sick.



Get your flu vaccine.



To learn  
more about  
flu prevention,  
including vaccines,  
contact your  
health care  
provider, local  
health department  
or visit  
[michigan.gov/flu](http://michigan.gov/flu)  
or call 2-1-1.

*Michigan Department  
of Community Health*

**MDCH**

Jennifer M. Granholm, Governor  
Janet Obzewski, Director